

Effortless Meditation Weekend Program

2016 Website Program Description

Effortless Meditation: Releasing Into Divine Joy

Discover how something as simple as surrendering all resistance in meditation can open us to the peace and joy that lie within. For thousands of years, spiritual traditions have taught meditation as a way to awaken to our true nature. Yet many people find meditation tedious and difficult, a never-ending struggle to quiet the mind or focus the attention. This has led to the popular misconception that meditation requires great discipline and years of practice.

Peter Russell, who has been teaching meditation for 40 years, has found that the key is giving up all trying and effort. The mind in its natural relaxed state is already at ease.

Nothing needs to be "done" to find inner peace, we simply need to let go of the thinking that keeps our minds busy and tense. The beauty of this approach is that nothing needs to be changed or eliminated.

It is simply surrendering to the fullness of the present moment.

I AM READY TO EXPLORE!

In This Workshop, We Will:

- Experience allowing our minds to fully relax and settle down into a state of ease
- Learn basic principles of letting go
- Find greater contentment and joy in the present moment
- Learn how to free ourselves from thinking that creates dissatisfaction and unnecessary suffering
- Practice using our inner knowing to guide us in meditation
- Learn how to distinguish ego from the true Self
- Learn how to integrate these approaches in our lives, finding greater ease in daily activity

This long-weekend retreat includes guided meditations, talks, group discussions, and periods of silence and inner reflection. It is suitable for both beginners and experienced meditators. Peter will also share his latest thinking on the nature of consciousness and spiritual awakening.

The retreat will be held at the Virginia campus, offering greater seclusion, silence, and opportunities for stillness.

Your Facility for this Exploration: The Monroe Institute®



TMI is the premier experiential residential education center for exploring expanded states of consciousness. For the past 40 years, literally tens of thousands of people just like you have attended our residential programs. People from all walks of life including doctors, engineers, healers, therapists, clergy, homemakers, artists and many others

have journeyed to our facilities looking to expand their consciousness and discovering many of the answers to life's mysteries along the way.

Don't take our word for it. Here is what our past Effortless Meditation participants have to say about their experience with us.

"The Stillness meditation retreat with Peter Russell is excellent, quality stuff." - John F.

This Powerful 3-day/3-night All-inclusive Workshop Offers:

- Daily consciousness exploration facilitated by our skilled trainers
- Semi-private accommodations
- 3 delicious home-style meals a day
- Daily yoga classes
- Transportation to and from airport (see details)
- As well as access to walking/hiking trails, complimentary WiFi, and massage therapy upon request (additional fee)

This weekend retreat will be an opportunity to deepen your experience of meditation and open more readily to the stillness within. Peter Russell will show you how to manage thoughts and surrender resistance in meditation; how to distinguish ego from the true Self; and how to use our inner guidance in support of our spiritual practice.

I AM READY TO EXPLORE!

Your Trainer: Peter Russell



Peter is a fellow of the [Institute of Noetic Sciences](#), of [The World Business Academy](#) and of [The Findhorn Foundation](#), and an Honorary Member of [The Club of Budapest](#).

At Cambridge University (UK), he studied mathematics and theoretical physics. Then, as he became increasingly fascinated by the mysteries of the human mind he changed to experimental psychology. Pursuing this interest, he traveled to India to study meditation and eastern philosophy, and on his return took up the first research post ever offered in Britain on the psychology of meditation.

He also has a post-graduate degree in computer science, and conducted there some of the early work on 3-dimensional displays, presaging by some twenty years the advent of

virtual reality. [More.](#)

Please Note: Every experience in Effortless Meditation: Releasing Into Devine Joy workshop is unique to the individual. No one experience is like any other. Each participant will experience Effortless Meditation: Releasing Into Devine Joy retreat in ways consistent with their needs and beliefs.